



## Fall Prevention Home Assessment Chart

Any "NO" answers indicate a need for improvement



<b>BATHROOM</b>	<b>YES</b>	<b>NO</b>
Is the path from the bedroom to the bathroom well lit?		
Are there grab bars near the toilet and in the shower and bathtub?		
If you have difficulty standing in the shower, do you use a shower seat?		
Are spills cleaned up immediately?		
Do your bathmats have slip-resistant backing?		
Do you remove soap build in your shower/bathtub up to avoid slipping?		
Can you reach soap in the shower without bending down or turning too far around?		
Do you have a raised toilet seat if you have difficulty standing up and sitting down?		
<b>PORCH, YARD, OUTSIDE</b>	<b>YES</b>	<b>NO</b>
Is the path from the house to the garage well lit?		
Are there cracks or buckles on the sidewalks or driveway?		
Are there hoses, weeds or other obstacles on the walkways?		
Are there icy steps or walkways?		
<b>BEDROOM</b>	<b>YES</b>	<b>NO</b>
Is there a table close to your bed with a lamp and room to store eyeglasses and a phone?		
Are cords pushed back against the wall?		
Is there clutter on the floor?		

Adapted from the Minnesota Safety Council Fall Prevention Checklist-Personal Risk Factors and Hennepin County Community Health Department with permission.

<b><i>KITCHEN</i></b>	<b>YES</b>	<b>NO</b>
Are throw rugs/floor mats secure?		
Can you get to regularly used items without bending down or reaching up too far?		
Are spills cleaned up immediately?		
Is food prepared at the kitchen table?		
<b><i>LIVING AREAS</i></b>	<b>YES</b>	<b>NO</b>
Are floor coverings secure and sturdy?		
Can you answer the phone without getting up?		
Are cords pushed back against the wall?		
Can you turn on a light without having to walk into a dark room?		
Do you have a step stool that has side rails, sturdy and in good condition?		
Do you have a cordless or cellular phone or an emergency alarm device?		
Is your floor free of clutter?		
It is easy to walk around the furniture in your home?		
Can you pull cords to lights or ceiling fans without reaching up?		
Are there handrails on both sides of the stairways in your home?		
Are the steps on your stairways even and safe?		
Are there lights at the top <i>and</i> the bottom of the stairs?		
<b>Total</b>		

For more information about home modification, visit [www.fallpreventiontaskforce.org](http://www.fallpreventiontaskforce.org)

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